

Chair Based Activity

Posture set-up

1. Sit forward in the chair
2. Feet hip distance apart
3. Knees over ankles
4. Tummy pulled in
5. Back feels long & strong
6. Chest is up & open
7. Shoulders are relaxed and down



Wiggling warm-ups

-Chair March

- Hold sides of the chair
- Begin marching, right foot up and down and left foot up and down



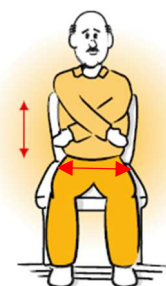
-Arm Swings

- Place feet flat on floor below knees
- Keep elbows bent and swing arms from shoulder
- Move arms back and forth to rhythm that is comfortable for you



-Criss Crossing

- Keep arms straight, criss cross in front of body with scissor action
- Keep action moving up and down in front of body
- Wind arms around in circular motion (as if winding wool)
- Continue for 30 sec then reverse direction



-Handywork

- Clench fists and twist wrists in opposite directions (as if you are wringing out wet clothes)
- Move wrists in circular motions, up to 5 times each direction
- Squeeze fists then spread your fingers out wide – repeat up to 8 times
- Bend fingers slightly and move as if playing piano



Fig. a



Fig. b



Fig. c



Fig. d